

# Reframing Liabilities

Name \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

ID# \_\_\_\_\_

*Instructions:* For each of the following negative perceptions of an individual's behavior, substitute one or more rational interpretations for the behavior.

Stubborn	<u>Determined</u>	Pessimistic	_____
Demanding	<u>Leader</u>	Damaged	_____
Intrusive	<u>Curious</u>	Rigid	_____
Submissive	_____	Failure	_____
Irresponsible	_____	Impulsive	_____
Rude	_____	Loud	_____
Hyper	_____	Disorganized	_____
Superficial	_____	Ugly	_____
Angry	_____	Loser	_____
Depressed	_____	Anxious	_____
Rebellious	_____	Impatient	_____
Manipulative	_____	Explosive	_____
Fearful	_____	Fragile	_____
Sarcastic	_____	_____	_____
Disobedient	_____	_____	_____
Liar	_____	_____	_____
Unlovable	_____		
Defiant	_____		
Distractible	_____		
Scared	_____		
Boring	_____		
Weak	_____		

*Reference:*

Jefferson, J. S. M. (2017). *Cognitive therapy program handbook*. Angwin, CA: Author.